



MEDICAL MINUTE

Vol 4, No 3 Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

June 2005

Tripler Army Medical Center Doctor Honored for Work in Pacific Islands

by Les Ozawa
Tripler Army Medical Center
Public Affairs Office

HONOLULU—In appreciation for providing specialized healthcare to more than 5,000 patients in the U.S. Associated Pacific Islands (USAPI) since 1990, Tripler Army Medical Center and Col. (Dr.) Donald A. Person were recently recognized by the Pacific Island Health Officers Association (PIHOA). Dr. James Hofschneider, PIHOA president and secretary of health for the Commonwealth of the Northern Marianas Islands (CNMI), presented plaques March 9 to Tripler's Commanding General Maj. Gen.

Gale S. Pollock and Tripler's Pacific Island Health Care Project Medical Director Col. (Dr.) Donald A. Person in a brief ceremony at Tripler.

"You will never know just how much this means to our islands; the needs are so great," said Hofschneider, in presenting the plaques. "You've saved us millions of dollars in medical costs and provided definitive medical and surgical care of inestimable value to our peoples."

See Person, page 9



PHOTO: LES OZAWA

TRIPLER ARMY MEDICAL CENTER'S COL. (DR.) DONALD A. PERSON, medical director of the Pacific Island Health Care Project, was presented a plaque March 9 by the Pacific Islands Health Officers Association (PIHOA). He received the koa plaque in recognition of his 17 years of work in American Samoa, Guam, the Northern Marianas Islands, Palau, the Marshall Islands, and the Federated States of Micronesia.

15th Asia-Pacific Military Medicine Conference in Hanoi 'Success'

The U. S. Army, Pacific (USARPAC) and Logistics General Department of the People's Army of Vietnam (PAVN) cohosted the 15th Asia-Pacific Military Medicine Conference (APMMC XV) in Hanoi, Vietnam May 8 - 13. The conference took place at Melia Hanoi Hotel.

"The conference was a great success," said Col. Stephanie Marshall, Tripler Army Medical Center's deputy commander for Nursing.

Military medical officers from many Asia Pacific countries were invited to participate in this, the 15th in a series of military medical meetings that began in 1990. Previous APMMCs have taken place in Singapore, three in Bangkok, Jakarta, two in Kuala Lumpur, New Delhi, Sydney, Brisbane, two in Auckland and two in Honolulu.

The primary theme for this conference

was "Military Health - Cooperation and Friendship."

Other topics include military aspects of humanitarian deployments, preventive medicine, environmental medicine, infectious diseases, psychiatry, combat medicine, technological advances in telemedicine, and other military relevant medical topics.

Topics were presented in lecture form, small group sessions and poster board presentations.

Principal speakers included Maj. Gen. Gale S. Pollock, USARPAC surgeon and commander, Tripler Army Medical Center; and Maj. Gen. Chu Tien Cuong, director, Military Medical Department, People's Army of Vietnam.

The continuing series of Asia-Pacific Military Medicine Conferences provides a forum for military medical professionals in the Asia-Pacific and Indian Ocean region to

learn and work together in providing the best healthcare possible to members of their

respective militaries. The exchange of information, through multiple venues, increases knowledge and understanding of medical professionals focusing on relevant military medical issues and topics in comprehensive health services, clinical research, education and prevention.

"The challenges and responsibilities of military healthcare personnel are increasingly global, and integral to the successful planning and execution of contingency operations and exercises," Pollock said. "This is of utmost importance in the light of the Global War on Terrorism we are waging today with coalition forces in areas such as Iraq and Afghanistan."

"Nowadays, the primary theme for "Military Health - Friendship and Cooperation" is to enhance and expand cooperative relationship for each respective military health service," Chu Tien Cuong said. "For that, the Vietnamese military health service welcomes all of you and your presentations at the conference. We also welcome your families on their visit to Vietnam."



Tripler Phasing in CHCS II

By LTC Caterina Lasome
Deputy CIO, Clinical Operations
Information Management Division

The Composite Health Care System (CHCS) II, the Department of Defense's (DOD) worldwide Electronic Medical Record (EMR) system, is a medical and dental clinical information system that will generate and maintain a comprehensive, life-long, computer-based patient record for each military health system beneficiary.

Through CHCS II, military healthcare providers will be able to access almost immediately, the medical and dental records of any of the 1.4 million active duty Armed Service members around the world.

CHCS II is currently used by 34 military medical facilities in the United States and Europe. Where installed, CHCS II is providing real-time, around-the-clock access to legible medical records and facilitating appropriate medical treatment. Patient data from individual military treatment facilities (MTFs) are now accessible via a central, DOD-wide Clinical Data Repository (CDR). The CDR enables nearly instantaneous retrieval of a patient's complete medical record regardless of geographic location.

Already, the number of encounter notes (including patient visits) has risen to over 10,000 a week. The Army continues to lead the military services in the use of CHCS II.

Deploying CHCS II in 'Blocks'

Because CHCS II is so large and complex, it is being fielded in four "blocks." Block I, which will arrive at TAMC this May, includes the components needed to support outpatient clinic interactions with patients. Deploying this portion of the system will take about 10 months.

Block II will phase in the dental services. Block III will bring clinical support services like pathology, radiology, and pharmacy into CHCS II. When Block III is completed, the old CHCS system that has served Tripler so well for the past 20 years will be retired. The final component of CHCS II, Block IV, will provide greater capability to use the CHCS II database to manage care of patients.

Facility Preparations for CHCS II

TAMC has been preparing for the CHCS II deployment for almost a year now. Many of the necessary infrastructure upgrades to support the system have already been completed.

In February, a three-part site survey of the facility and its clinicians was completed.

The first part included a complete inventory of all end-user devices like personal computers and printers in the outpatient clinic areas. This ensures that the right number of equipment with the right capabilities are in place for CHCS II to support patient care.

The second part of the survey looked at the training needs of the CHCS II users, including physicians, nurses, and clerks.

The third part of the survey included mapping the process of how patients visiting a clinic interact with the staff. The "maps" describe how information about patients is taken and recorded on paper and in the current CHCS. This was a critical step in analyzing how to best use the new system to provide patient care.

Some work routines now being used may need to be redesigned to provide the best patient care through the expanded capabilities of CHCS II. Trainers from Unisys and TEKSystems, CHCS II training contractors, will be here in May to help TAMC staff thoroughly learn how to use the system in the best way possible.

Next Steps

Tripler's Information Management Division (IMD) Clinical Operations section is redesigning its training classrooms on the 10th floor so they can continue be used for normal training as well as for CHCS II training. IMD is also adding two more training rooms that will be dedicated to CHCS II training.

Dr. George Underwood, IMD's medical informatics director, currently hosts a Functional Users Group (FUG) meeting every Friday from noon to 1 p.m. at the Uphouse Learning Center. The purpose of this meeting is to keep the key clinical staff informed of the latest CHCS II developments as Tripler moves towards the deployment.

FUG members will help Tripler identify implementation problems and issues as they arise. Later, they will help the Army Medical Department (AMEDD) determine which parts of Tripler's current CHCS system can be retired and when.

The TAMC CHCS II implementation team has been meeting monthly since February in preparation for the May startup. In April, the team began holding weekly forums for on-site clinical staffs. Five days before training is scheduled and five days or more after completing CHCS II training, end-users can attend a daily status check meeting.

The training teams began arriving at Tripler in April. In preparation for Tripler's "go-live" date, LTC Cherub Williamson will be working with the clinics and key personnel that will be the first to use CHCS II. It is important that staffs scheduled for training adjust their clinic appointment templates as directed, and that all clinic staff attend CHCS II training as scheduled. After completing their training, clinical staff will immediately return to their workspaces and use the new system with their arriving patients.

More information available

To learn more about CHCS II or to obtain directions on how to download demonstration videos to your desktop, please visit the CHCS II homepage on the TAMC intranet. Also watch for future updates in the *Medical Minute*.



<http://www.tamc.amedd.army.mil>

Volume 4 • No. 3

June 2005

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Production & Design For Color Publishing

This newspaper is an authorized publication for members of the Department of Defense. Contents of the Medical Minute are not necessarily the views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army, Pacific Regional Medical Command or Tripler Army Medical Center.

It is published monthly by offset printing by the Public Affairs Office, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96859.

Staff can be reached at (808) 433-5785 or TAMCPublicAffairsOffice@amedd.army.mil.

Circulation: 1,500.

Tripler's 4th Annual Health Fair At Moanalua Elementary A Success

by Margaret Tippy
Tripler Army Medical Center
Public Affairs Office

HONOLULU—Tripler Army Medical Center's Community Health Nursing Nurse Norma Suarez has done it again. She put together a professional health fair for close to 800 Moanalua Elementary School students for the third time in as many years April 8th.

Suarez and her team of more than 20 volunteers were at the school at the crack of dawn and worked all day providing educational experiences for the students to learn from and take home to their friends and families.

"It's a lot of work," Suarez said laughing, "and I love doing it and working with the students." For the second year in a row, rainy weather delayed the health fair and she worked with school officials to reschedule and persuade her volunteer team to participate on the alternate day.

This year, Suarez implemented an Outcomes Questionnaire to find out from the students what they learned and what they'll take home to friends and families. She also asked students what their favorite educational experiences were and what they would like to see next year.

"The students want to learn more about cancer – specifically lung cancer – and ocean safety," Suarez said.



PHOTOS: MARGARET TIPPY

Above: Wakako Wood from Schofield Barrack's Family Advocacy Program explains "bully prevention" to Moanalua Elementary School students at the 4th Annual Health Fair April 8th sponsored by Tripler Army Medical Center's Community Health Nursing Section

One of their favorite booths was manned by Maj. Jones, Community Health nurse at Schofield Barracks, who educated students about sun safety. "He makes it so much fun for the children," Suarez said.

The Dental Command, Tripler's Nutrition Care Clinic, and TRISARF along with the Family Advocacy Program staff

also set up booths for the children.

The students received lots of educational items provided through the Army's Community Relations Program out of the Tripler Public Affairs Office (PAO). The Army allocated funds for the military to go out in the community and educate civilians on what it does. This is the fourth year the Army has provided Tripler PAO with funding for health events.

Suarez is interested in doing another health fair this Fall involving high school students and educating them on prevention when it comes to Sexually Transmitted Diseases, drugs and alcohol abuse.

"We love to do health fairs," she said. She may be reached at 433-1462 or Norma.Suarez@us.army.mil.

Thanks to all the volunteers who participated: Maj. Mary Christal, Dr. Judy Carlson, Grace Costales, Carolyn Floyd, RoseMary Fox, Maj. Samuel Jones, Dianna Adimoolah, 1st Lt. Jenice Francis, Kathy Sanders, Sgt. Danyelle Smith, Sgt. Wesley Jones, Sgt. Stephanie Dukes, Harold Asari, Valerie Nishikawa, Technical Sgt. Tracy Washington, Marsha Robinson, Wakako Wood, Dr. John Nelson, and Staff Sgt. William Coello-Sanchez.



DOING THE BROCCOLI STRETCH – Moanalua Elementary School students do the Broccoli Stretch at the Exercise/Fitness Fun Booth at the 4th Annual Health Fair April 8th sponsored by Tripler Army Medical Center's Community Health Nursing Section.

Tripler Staff Successfully Handles MASCAL Exercise Challenges April 9th

by Margaret Tippy
Tripler Army Medical Center
Public Affairs Office

HONOLULU—It was a frightening April 9th Saturday morning as Girl and Boy Scouts of America were injured in an explosion preparing a Welcome Home for Troops at Tripler Army Medical Center's Ball Field.

Many of the children and adults in attendance were burned by an explosion of a propane gas tank that was going to be used with a grill to cook food.

Emergency Services from Tripler and the Federal Fire Department were quickly on the Ball Field performing triage as streams of cars carrying recalled Tripler staff rushed up the hill to care for the injured.

The Emergency Operations Center (EOC) immediately went into action coordinating clinical and administrative operations outlined in the Tripler Emergency Procedures Plan also known as the EPP operations to support the crisis.

This included contacting other island hospitals to see what their capacities were to take on injured patients.

An uninvited TV crew showed up unescorted and tried to get staff to tell them on camera "off the record" what was going on.

One woman showed up claiming to be a physician wanting to help – but did not have credentials; and another woman went screaming through the ER shouting for her babies.

The good news is no one was really hurt, and the staff professionally handled the phoney physician, the distraught Mom, the burned Boy and Girl Scouts and the TV folks without giving them any information.

Welcome to Tripler Army Medical Center's first Mass Casualty (MASCAL) Exercise of the year!

Expertly put together by Tom Howko, Tripler's Emergency manager and deputy operations chief for the Pacific Regional Medical Command and his team, this exercise was the most professionally orchestrated one that Donald Devaney had participated in during the 41 MASCAL exercises he has been a part of. Devaney is Tripler's Provost Marshal.

"We go through two disaster/training exercises a year to be in compliance with

JCAHO," Howko said. JCAHO stands for Joint Commission on Accreditation of Healthcare Operations and Tripler voluntarily participates in JCAHO surveys and maintains compliance with standards.

Teri Thomson, chief of Tripler Information Division's Visual Information Section, and her team, expertly triaged the "patients" to provide the scenario with real-looking injuries. She began her Saturday morning before 1 a.m. getting everything prepared so her staff could moulage the patients.

More than 40 Girl and Boy Scouts, leaders and their parents volunteered to be "patients" and appeared to really enjoy their phoney wounds and didn't seem to mind being up so early on a Saturday morning.

"My daughter was so excited!" said Gail Watanabe. Her daughter, Kelsi, is a member of Junior Girl Scout Troop 611, Rainbow Service Unit. "She loved participating in the exercise. She was disappointed not to have been one of the lucky ones to ride the ambulance but she's thrilled with the pen/pencil set she received. She's been showing off her gift and all the tags she had on her to her grandparents and aunts.

"Thanks for opening up this activity to our scouts and for working so hard to make

it organized," Watanabe said. "I hope the exercise went well."

"I believe the biggest take-home point from this exercise is that we learned very quickly that if a disaster similar to our exercise were to strike Tripler, we would not have a sufficient amount of resources to do a prolonged sustained response without assistance from the rest of the community," Howko said.

"There are many issues that arise for a hospital in a state of emergency: 'Are there enough medical supplies?' 'How will Tripler cope with the surge in patients and family members who come to the hospital as a result of the disaster, while at the same time accommodating the patients who are already at the hospital?' 'How does Tripler deal with staffing needs during an emergency?' " he said.

These questions are just a few of the issues that Howko said the staff is examining.

"We were able to take the lessons we learned from the exercise and work to improve our response and coordination for a future exercise or disaster," he said.

Howko sends thanks to all staff who worked long hours to make this exercise a success and those who responded to the MASCAL on Saturday morning.

(Editor's note: Tom Howko, Tripler's Emergency manager and deputy operations chief for the Pacific Regional Medical Command, contributed to this article.)



Michelle Lele of Tripler Army Medical Center's Visual Information Section "moulages" a volunteers legs to "create" realistic looking injuries for Tripler's Mass Casualty Exercise April 9th.

Tripler Holds Week-Long Advanced Trauma Care 'College'

by Les Ozawa

*Tripler Army Medical Center
Public Affairs Office*

HONOLULU—Television shows like “ER” have made everyone familiar with the life-and-death dramas of emergency rooms. But critically injured patients may not always have an emergency room or an ER doctor handy.

“Here in the islands, during a hurricane, for example, every doctor may become part of the process of caring for the injured,” said Lt. Col. (Dr.) John Armstrong, a faculty member and director of the Army Trauma Training Center in Miami, Fla.

Armstrong was at Tripler Army Medical Center during the first week in May, to conduct Advanced Trauma Life Support (ATLS) training for Army and Navy physicians on Oahu. The training is designed for physicians not normally involved in trauma care.

Twenty-seven Army and Navy doctors underwent a day or more of intensive training designed to expose them to the full spectrum of advanced trauma. The doctors got to individually verify their ATLS skills on moulaged patient-volunteers in

Lt. Col. (Dr.) Wilma Larsen, chief of Tripler Army Medical Center Obstetrics/Gynecology Department, (left) watches Capt. (Dr.) Matthew Barry of the Department of Psychiatry check the vital signs of a trauma victim-volunteer during an Advanced Trauma Life Support training scenario.

emergency “studios” set up on Tripler’s ninth floor training rooms. In other training courses, six doctors learned to be ATLS trainers. Five other doctors re-verified their ATLS skills, something they need to do every four years.

The military services are interested in training as many of their physicians as possible in ATLS. Last year, the Army held 69 ATLS trainings around the world. “The program is quite vibrant here at Tripler,” said Armstrong. “It’s really part of military readiness in the Pacific and in the Global War on Terrorism.”

While many of the trauma scenarios used by the military are based on combat casualty care, others include civilian scenarios like treating a severely injured drunk driver. The course itself is designed by the American College of Surgeons.

“ATLS provides a common language for



PHOTO: GEORGE KURISU

acute trauma life support,” said Armstrong. “It’s that common language that enables teamwork. It’s very much like an orchestra playing to the same sheet of music. People can all remain focused on bringing the best care to an injured patient, at the time of care, and in transferring care.”

“We know the methodology works,” said Lt. Col. Chet Morrison, Tripler ATLS course director. “But the real significance is that it’s a methodology that can be trained. Physicians without years of trauma training can use it and be trauma doctors when they need to be.”

Hurricane Awareness June - December

What are hurricanes and tropical storms? Powerful storms that form over tropical waters, generally from June to December, whose effect can include damaging surf and storm surge along coastlines, destructive winds (for hurricane, sustained winds of 74 MPH or higher; for tropical storm, sustained winds of 39 to 73 MPH), water spouts and tornadoes, and heavy rain and flooding. It is important that all Tripler employees prepare family emergency plans and assemble survival kits.

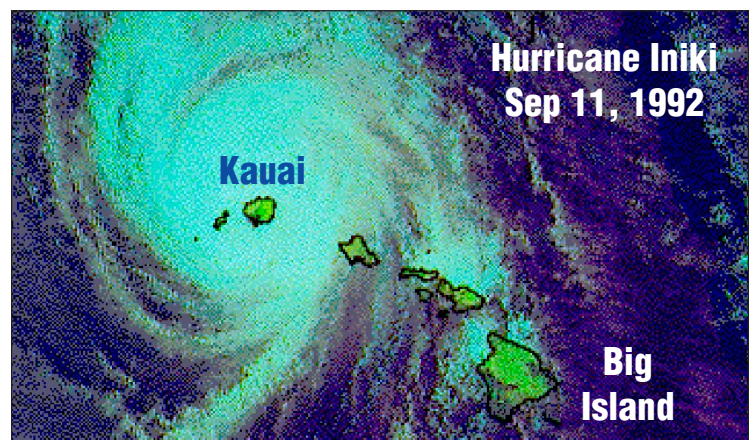
If you need additional information on family emergency plans contact Tom Howko, Tripler’s Emergency manager, at the number below. Should one of these powerful storms strike Oahu, no area will be safe from its effects. During an actual storm the National Weather Services, through radio,

newspaper, and local radio and television stations will issue hurricane or tropical storm WATCHES and WARNINGS.

A WATCH means there is a threat of hurricane or tropical storm condition to Oahu within 36 hours.

A WARNING is issued when a hurricane or tropical storm is expected to affect Oahu in 24 hours or less. If you are told to evacuate you must know where your shelter is located.

Employees who live in or near the Tsunami Evacuation Zones described on the maps in the front pages of the telephone directory should know where to go. Please



note that all identified shelters will not open automatically. Listen to the radio or TV for specific shelter opening schedules. Tripler’s shelter is building 300 also known as the Tripler Gym.

If you would like more information on our hurricane/tropical storm procedures visit your Tripler Emergency Procedures Plan (annex B and annex M) or contact Howko at 433-1417.

Combined Task Training Hones Battlefield Skills of Tripler Soldiers

"Every Soldier in the Army has to come through this training, from E-1 through General Pollock."

— Sgt. 1st Class Roy Ridgeway

by Les Ozawa
Tripler Army Medical Center
Public Affairs Office

HONOLULU—Soldiers assigned to Tripler Army Medical Center know well the training Ridgeway was talking about: Common Task Training, better known as CTT. Recently, Ridgeway traded his hospital gown for cammies and boots for a week, to oversee about 200 Soldiers go through 28 specific tasks now required by the Army to ensure their mission readiness in wartime.

Ridgeway and a cadre of about two dozen Tripler Soldiers deployed camouflaged tents on the slope below Tripler during the week of April 25. The previous CTT last October trained about 800 Soldiers assigned to Tripler. This time, about 200 Soldiers who had not yet fully met their annual CTT requirements were expected spend several hours making their way through the six CTT stations. Tripler also makes the training available to other Oahu commands, and Soldiers of the 396th Signal Company and the 516th Signal Brigade also participated in the spring training.

"Last year, the Army did a big change to

CTT," said Ridgeway. "They added some additional tasks, like how to react to an IED (Improvised Explosive Device), EPW (Enemy Prisoner of War) and added SAW (Squad-Level Automatic Weapon)." While civilian eyes may glaze over this alphabet-soup terminology, each Army-mandated Common Task is a well-focused training window based on lessons learned from today's battlefields.

One new addition to the CTT is "Current Operations," which trains Soldiers on how to identify an IED. It also requires Soldiers to role-play how to control entry and exit from a restricted area, including conducting a vehicle search, and reviewing how to interact with the media.

"A lot of us have been to Iraq or Afghanistan in the past two years," said Sgt. Michael Crain, a CTT cadre who works in Tripler's Ophthalmology Clinic. "We bring real-world experience to the training." Crain, wearing a kaffiyeh, a traditional Arabian headdress he bought in Kuwait City, played the role of an Arabian driver



PHOTOS: LES OZAWA

Tripler Soldiers Spc. Warren Frazier of the Pediatric Clinic (from left), Pfc. Kristen Elminger of the Medical Oncology Clinic, and Spc. Deidre Zapata of Pediatric Clinic practice removing a spinal injury victim-dummy from a vehicle, coached by Pediatric Clinic's Sgt. Maria Jamieson.

whose van is stopped at a security checkpoint, in one of the CTT scenarios.

"Training this year is more realistic than it was last year," said Spc. Deidre Zapata, after she had worked her way through the last CTT training station designed for medical personnel. Zapata and Spc. Warren Frazier, who both work in the Pediatric Clinic, and Pfc. Kristen Elminger of the Medical Oncology Clinic, had just been walked through the procedure of removing a possible spinal injury victim from the driver's seat of a truck.



Sgt. 1st Class Wayne Hatcher of Headquarters and Headquarters Company at U.S. Army Pacific, signs off 30th Signal Brigade's Staff Sgt. Isaac Shubert's CTT performance sheet after briefing him about the M249 machine gun.

Pacific Regional Medical Command's Top Soldiers



Pacific Regional Medical Command's Soldier of the Year Spc. Kevin W. Meyer smiles as the region's Commander Maj. Gen. Gale S. Pollock pins on an Army Commendation Medal for his achievements. Meyer is an allergy and immunization specialist assigned to Medical Department Activity (MEDDAC) Japan at Camp Zama. The April 21 ceremony at Tripler Army Medical Center also recognized the runner-up, Spc. Donald Tharp, who works at the Schofield Barracks Health Clinic Department of Radiology.



Pacific Regional Medical Command Noncommissioned Officer (NCO) of the Year Sgt. Elisa R. Moran beams as the region's Commander Maj. Gen. Gale S. Pollock presents her with the Army Commendation Medal April 21 at Tripler Army Medical Center Kyser Auditorium. Moran is assigned to Tripler's Department of Social Work. The ceremony also recognized Staff Sgt. Tony Flanagan of MEDDAC Japan as the NCO runner-up.

PHOTOS: GEORGE KURISU

Tripler Army Medical Center Patient Champions



Dr. Berenberg has a passion and a burning zest to provide optimal patient care, which he does each and every day of the 20 plus years he has been the Chief of Hematology/Oncology at Tripler Army Medical Center. This superb professional goes beyond the call to ensure that veterans, soldiers, sailors, airmen and their families have access to the latest clinical trials. Many practitioners verbally espouse the value of clinical trials but few show the true determination and drive for excellence to provide that service. Dr. Berenberg has brought over 400 clinical trials to Hawaii and Tripler Army Medical Center. Those trials have made a tremendous difference in the lives of thousands of patients and their families.

His advocacy does not stop there. He serves as a role model to colleagues and staff in how to have caring conversations about life and death matters. Dr. Berenberg goes above and beyond providing extraordinary care and mentorship to help create

advocacy in future clinicians. Despite his very busy workload, he volunteers to teach medical students the art of active listening and that there is more to medicine than sophisticated tests.

Dr. Berenberg consistently seeks the opinions and thoughts of all members of the health care team that without fail includes the patient and the family members when considering treatment options. His gentle and wise counsel when discussing sensitive matters such as advance directives is appreciated by people of all cultures and belief systems for he respects all views and actively listens.

Many patients have sat in his office and with tears in their eyes told him that he is the one physician who has truly listened to them and heard their concerns. They speak of the great trust that they have in him. Dr. Berenberg is brilliant, articulate, caring and is always the patient's greatest advocate. Tripler staff are proud to recognize him as the Clinical Category Patient Champion.

Ms. Joy Chin has been a distinguished member of the Tripler Army Medical Center's Pediatric Clinic for the last seven years and has served as the Head Nurse for the last three years. She has proven to be a continuous valuable asset to the Pediatric Clinic truly putting mission first. Ms. Chin's positive attitude and dedication to quality patient care is what helps keep the reputation of the Pediatric clinic so positive.

A devoted Registered Nurse, she supervises the nursing assets in one of the busiest and most complex clinics at TAMC. Averages of 3000 patients are seen monthly from newborn to young adults suffering from traditionally pediatric diseases in a number of subspecialty clinics. Ms. Chin is often called to the different sections of the clinic to provide supervision, coverage, and assistance to the nursing staff and to provide an exceptional, unwavering nursing support to our pediatric population. She works tirelessly in providing solutions to staffing shortages and patient coverage in the various specialty clinics. She has

shown dedication to her patients by modifying her own personal agenda during staff shortages to accommodate the needs of our patients. She is often the first to come to work and won't leave until the last patient is seen.

As a true patient advocate, Ms. Chin works relentlessly to address patient and staff concerns professionally in a timely and positive manner resolving issues and finding ways to improve the processes within the clinic.

Throughout the continuous Joint Commission preparation, Ms. Chin has been an advocate for change in the business practices from the front-line clerks, through nursing and the providers to institute the National Patient Safety Goals and new standards for JCAHO.

Ms. Chin works to ensure superb children's health care by being part of the Pediatric team. Tripler staff is proud to recognize Ms. Joy Chin as the Administrative Category Patient Champion.



Ms. Michele Nilson has served the Federal Government for more than 22 years. An integral member of the Tripler Army Medical Center ohana, she has been the stabilizing force of Adult Medicine Clinic for four years. Throughout these years, Michele has provided quality individualized nursing care, selfless service as a patient advocate, and served as a mentor for nursing staff members.

Michele is an expert Registered Nurse in a demanding clinic that provides care for over a largely geriatric population with many nursing needs including routine procedures, patient and family education, care management, and telehealth services. In addition to her regular duties, she serves as the clinic's infection control coordinator, mock code facilitator, and skin and wound care specialist.

Michele's professionalism and dedication to patient care are demonstrated by her extra effort to

assist patients as they navigate the healthcare system. Michele frequently calls in prescription refills for patients who have difficulty seeing or hearing. She even makes monthly reminder calls to patients whose memories are failing, helping them remember to make their appointments for periodic B12 injections. Her exceptional nursing assessment and collaboration skills have facilitated interdisciplinary interventions, decreasing patients' Emergency Room visits and improving access to care that meets patients' individual needs.

Michele's genuine passion for patient care is evidenced by her willingness to teach and train fellow staff, ensuring patients are treated with the utmost respect and compassion.

Michele is the epitome of a nurse and a patient advocate. Tripler staff are proud to recognize her as the Frontline Category Patient Champion.

Pre-hypertension: Are You in the Zone?

by Norma Suarez
Tripler Army Medical Center
Community Health Nursing

HONOLULU— It's been almost two years and I can still remember distinctly how happy a patient of mine was after being told his blood pressure was normal. After all, his mother, father, grandmother, and grandfather all had high blood pressure.

Two months later, I received a frantic phone call from this patient asking me what he had done wrong. A nurse at a health fair he attended earlier that day checked his blood pressure twice and informed him his blood pressure was in a danger zone. It seemed unlikely that he could have possibly developed high blood pressure in such a short period of time. So what did happen?

Over the past several years we have learned more about the nature of blood pressure and its effects. Because of this new understanding, government officials revised the blood pressure guidelines that included a new category: pre-hypertension.

What is pre-hypertension? A systolic (top number) reading of 120 -139, or a diastolic (bottom) reading of 80 - 89. Twenty-three percent of American adults were diagnosed with pre-hypertension with the blood pressure guideline revisions. Patients with this diagnosis are at increased risk of heart disease and stroke. Add to this percentage, the 1 in 4 Americans who have full-blown hypertension, and we've got nearly half of all American adults age 18 and older in a blood pressure danger zone.

Why did the blood pressure guidelines change? Simply put, blood pressure in the pre-hypertension range is not considered normal anymore. Many of those with pre-hypertension continue on to hypertension unless there is serious intervention. Consider these statistics:

- Starting as low as 115/75, the risk of heart attack and stroke doubles for every 20-point jump in systolic blood pressure or every 10-point rise in diastolic blood pressure.
- People with blood pressure levels between 120/80 and 140/90 - levels once considered normal - have *twice* the risk of heart disease

as those with low blood pressure.

- People with blood pressure above 140/90 - the definition of high blood pressure - have *four times* the risk of heart disease as people with low blood pressure.

The good news for people with pre-hypertension (without diabetes or kidney disease) is that there is no need to take any medications. Unfortunately for those with pre-hypertension to avoid hypertension means more work than just taking a pill. The work involves moving into a healthier lifestyle which will be very good news in the long run. Healthy lifestyles help people live longer with more energy and vigor.

Healthy lifestyle changes to prevent (and control) high blood pressure include maintaining a healthy weight, being physically active, following a healthy-eating plan, reducing sodium in your diet, drinking alcohol only in moderation, stopping smoking, and if needed for control of high blood pressure, taking prescribed blood pressure medicine as directed by your health care provider.



Taking Care of Our Own

Tripler's Blood Donor Center

by Justin Metz
Tripler Army Medical Center
Blood Donor Center

HONOLULU—One of the greatest strengths of our military is the way service members and their families take care of one another. The Armed Services Blood Program (ASBP) provides an excellent way for military members and their families to show their support for one another in a concrete, meaningful way. Giving blood to the ASBP allows you to be there for friends, neighbors and comrades-in-arms when they need you most.

The ASBP collects blood from the military community, for the military community—providing a connection between those who give and the sick and injured who need their help. Though there are civilian agencies that also collect and process blood, the ASBP is the only one operated by the military to meet military

blood needs. Those who donate blood through the ASBP directly support their friends in need at military medical treatment facilities at home and troops deployed worldwide.

Blood is needed every day. For the littlest premature baby struggling in the neonatal intensive care unit, leukemia patients enduring ongoing treatment or those wounded in accidents or in action, the blood you give is priceless. Every year, patients in military medical treatment facilities receive more than 54,000 units of red blood cells, 20,000 units of plasma and 5000 units of platelets.

Thousands of blood products have been transfused to injured personnel serving in Iraq and Afghanistan alone. By giving blood to the ASBP, you ensure life-saving blood products are available whenever and wherever there are military community members in need.

Capt. Harry McDonald, officer in charge

of the Tripler Blood Donor Center said, "We really need the support of the military community to take care of the Soldiers, Sailors, Airmen, Marines and beneficiaries here and our troops in the field."

"We act as the middleman by collecting, processing and delivering blood, but the donors are really the heart and soul of this program," he said. "It doesn't take a lot to give, but it means everything to those who need it."

Donors from all services, government employees, retirees, and military family members are eligible to help others in the military community by donating blood through the ASBP. Though travel to certain areas and some medical conditions and medications may temporarily or permanently restrict donation, most healthy adults are eligible to give blood.

For more information on eligibility contact the Tripler Blood Donor Center at 808-433-6195 or visit the TAMC Web site at www.tamc.amedd.army.mil or the ASBP Web site at www.militaryblood.dod.mil

Please support our friends and neighbors. Give Blood.

New Cardiac Therapy Available

(Editor's Note: The appearance of name-brand products in this release does not constitute endorsement by Tripler Army Medical Center, Pacific Regional Medical Command, the Department of the Army, the Department of Defense or the U.S. Government of the information, products or services contained therein.)

by Kris Hara
Registered Respiratory Therapist
Tripler Army Medical Center

HONOLULU— Tripler Army Medical Center's Enhanced External Counterpulsation (EECP) clinic has made a world of difference for John Kimmons, a retired Marine gunnery sergeant now living in Guam. Kimmons used to have chest pain, also called angina, every day when walking or climbing a flight of stairs. His feet would swell every evening and he would often use

nitroglycerine several times a day. More than seven million people in the United States suffer from angina. John used to be one of them.

Thanks to Col. (Dr.) Benjamin Berg, who initiated the therapy at Tripler, Col. (Dr.) Thomas Dove, chief of cardiology, and EECP medical director Maj. (Dr.) Marc Hunt, this new therapy is available to our beneficiaries. Capt. Richard Diaz, head nurse of the cardiology service, has implemented and seen first hand how EECP changed Kimmons' life. "Mr. Kimmons

hasn't used nitroglycerin tablets in the last two weeks, even when walking uphill or several blocks. That's an amazing improvement," Diaz said.

Kimmons now rates his energy level as "very good," where in the past he rated it only "fair." Besides having a significant decrease in his ankle swelling, John has experienced an increase in stamina and an improved quality of life. Even his shortness of breath has improved dramatically, and he rarely needs to use his inhaler.

The EECP treatment is

external and does not require surgery or any invasive procedures. It is indicated for people who have angina and no longer respond well to medical therapy, or are candidates for angioplasty or heart bypass surgery. EECP is also used for people who have congestive heart failure (CHF), to improve exercise ability and decrease heart failure symptoms. A therapist wraps three sets of blood pressure cuff-like devices around the patient's calves, thighs and buttocks. These cuffs are synchronized by electro-cardiogram (ECG) signals to inflate between heart beats. Each time the cuffs inflate, they improve blood flow to the heart muscle. Clinical studies have shown that 70 to 80 percent of appropriate candidates benefit from EECP therapy. During follow up, the benefit from EECP therapy has been shown to be increased at six months and last two years or more.

A typical course of treatment is 35 hours of therapy. Most patients come in for an hour during the weekdays over a seven-week period. For some patients, doubling up treatments with a short break in between may be in their best interest. Each patient wears a special treatment pant to eliminate any skin discomfort and is closely monitored by EECP therapist, Kris Hara, a Registered Respiratory Therapist. After having vital signs taken and wearing the leg cuffs, the patient watches TV, naps, listens to a CD, or chats with Hara during their treatment.

"It feels like a really firm squeeze and took me a couple of times to get used to it," Kimmons commented. "Now I'm so used to it, it's like nothing. I'm really glad to be able to have this treatment."

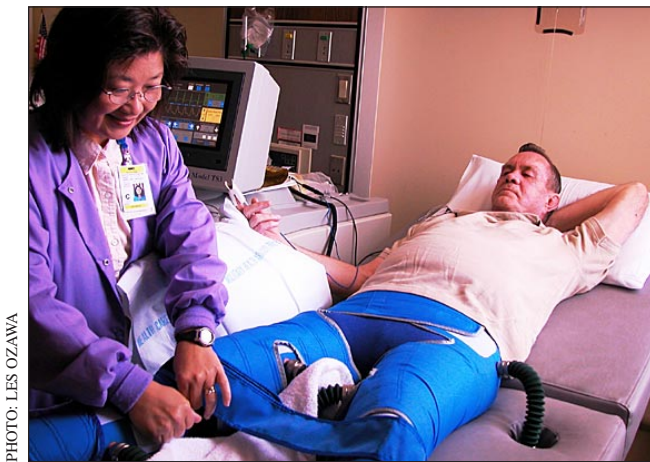


PHOTO: LES OZAWA

Tripler Army Medical Center EECP® Therapist Kris Hara (left) adjusts the leg cuffs of John Kimmons before beginning an hour-long session during which time the cuffs help squeeze the blood towards his heart, stimulating small blood vessels to form or widen, allowing blood to bypass narrowed or blocked arteries, the cause of heart pain in many cardiac patients.

Person, continued from page 1

Because of limited medical resources in the hundreds of islands spread over the massive expanse of the Pacific Ocean that are situated in five time zones, doctors in the USAPI have worked closely with doctors at Tripler since 1990. Congress appropriates \$4.5-5 million annually to provide medical care to the more seriously ill patients.

Caring for these patients provides Tripler residents and interns with a unique patient population unavailable in any other medical center, according to Person. The residents gain experience in diagnosing and treating

diseases and injuries rarely encountered in developed countries.

When the program was first conceived in 1989, medical referrals were made by telephone, mail, facsimile and even diplomatic pouch, recalled Person.

"I remember that one of the first uses of technology was a Polaroid print of a child's image attached to a brief description of the patient's condition and then faxed from Ebeye (in the Marshall Islands) to Tripler."

Since then, Tripler has taken advantage of advances in communication technology. In 1997, with the assistance of Project Akamai, Person developed an internet-based consultation and referral network that

has helped nearly 2,500 patients from the USAPI.

The USAPI (formerly the U.S. Trust Territories) include CNMI, the Republics of Palau and the Marshall Islands, and the Federated States of Micronesia (Chuuk, Kosrae, Pohnpei, and Yap). They also include the U.S. Territories of Guam and American Samoa.

Person was given a special tribute in appreciation for his work with the Pacific Island Health Care Project since 1987, of which he has been the medical director since 1991. "It's been a labor of love," said Person, in receiving the award.

Urology Conference

This year Tripler Army Medical Center's Urology Service played host to the 52nd Annual James C. Kimbrough Urological Seminar 16-21 January at the Sheraton Waikiki.

The seminar marked many firsts for the meeting of the Society of Government Service Urologists.

It was the first meeting ever held OCONUS and brought in a record turnout of 420 active duty (from all services), federal service and former military urologists from around the world.

Attendance of foreign military urologists from multiple Asia-Pacific countries made it the first ever international Kimbrough seminar. The host institution rotates annually among the Army, Air Force and Navy making this the first tri-service meeting hosted by TAMC under MG Gale Pollock's command.

Capt (Ret) Gerald Coffee, former Vietnam POW, opened the meeting with an inspiring address that set the tone for the rest of the week. The seminar was packed with more than 120 scientific abstracts addressing topics including endourology, laparoscopy, incontinence, reconstructive urology, pediatric urology, military trauma and reconstruction, oncology and sexual health and infertility. Fourteen guest faculty participated in state-of-the-art lectures and panel discussions, and more than 70 individuals participated in podium and poster presentations.

This was the first meeting in which the SGSU partnered with the Uniformed Services University of Health Sciences to obtain continuing medical education accreditation. Their involvement provided an efficient mechanism for attendees to obtain their CME credits.

Attendees provided feedback hailing the seminar the best in its 52-year history and the "landmark" meeting of the Society.

Tripler Remembers Former Telemedicine Director



PHOTO: LES OZAWA

Martha Malone, sister-in-law (left), and Margaret Malone, widow of the late Maj. (Dr.) Francis "Buzz" Malone, look at the memorial plaque inscribed with his name in Tripler Army Medical Center's Memorial Garden. Malone was remembered by about three dozen Tripler staff members and friends at a ceremony April 12.

Malone had worked at Tripler as chief of its telemedicine program until his death Jan. 31, 2005. He was first assigned to Tripler in 1993 and retired as an Army major in 1998, after serving as Tripler's chief of Ambulatory Pediatrics. Immediately upon retirement, he headed Tripler's telemedicine program, which he was instrumental in establishing for the Department of Defense in the Pacific region.

Col. (Dr.) Charles Callahan, Tripler's Pediatric Department chief, remarked that the one word that described Malone was integrity. "There was a wholeness and sameness in him. He was the same, no matter how you looked at him," Callahan said. "He is always the man I would hope to be and what I hope my children would grow up to become."

Dear General Pollock...

General Pollock,

It was a pleasure meeting you. I want to pass on Mrs. Doris Thorpe's name (surgery recovery nurse) as the nurse that provided tremendous support to me during my surgery and recovery at Tripler. Mrs. Thorpe's attention to duty and genuine concern for my well being...put me at ease and reassured my wife that I was in good hands. Mrs. Thorpe's demonstrated professionalism and bedside manner sets a fine example for all to emulate. I want to extend my sincere thanks to you and Dr. Stack (surgeon) for a very successful operation and tremendous medical care.

❖ ❖ ❖

Dear General Pollock,

I apologize for this very belated letter, but I would be remiss if I did not pass along my appreciation to you and your extraordinarily professional staff. As you know, I was taken care of at Tripler on Christmas Eve day. From the moment I arrived, and throughout the day, I was impressed with the quality of care, attentiveness and demeanor of your staff. It

was never apparent that it was the day before Christmas, given the responsiveness and the time that was devoted to me.

I am particularly appreciative of Colonels Dove and Brown, and Captains Kim, Cahill and McWilliams. SSgt Williams, in nuclear medicine, was terrific. You have an incredible team, and I've been singing its praises. There is no question in my mind that Army medicine is in good hands, now and in the future. Having said that, I do hope that any of my future interaction will be purely social, but if I am in need of care, Tripler is my choice.

Again, thank you and your great staff. I was in great hands, and incredibly impressed with all that you and your Tripler team do.

❖ ❖ ❖

Commander,

In January I had a bronchoscopy. What a smooth experience. The team, Maj. E. Crawley, Lt. E. Walsh and SSG K. Canty kept me posted every minute of the procedure. They were so informative — a very educational experience! Many thanks for such a great team.



Go to www.tricareonline.com

TRICARE On Line Disconnects Toll-free Number on Business Cards

Tripler Army Medical Center
Public Affairs Office

HONOLULU—Tripler Army Medical Center provided red, white and blue business cards with TRICARE On Line (TOL) information throughout the hospital and at Schofield Barracks Health Clinic a couple years ago. **The toll-free number on the cards has been disconnected and no longer works for TOL.**

To sign up for TOL which offers some appointment times on line and health information, go to www.tricareonline.com.

To find information on TRICARE enrollment, eligibility, benefits, authorizations and claims questions, please call 1-888-TRIWEST (1-888-874-9378) or go to www.triwest.com or www.tricare.osd.mil.

Toastmasters Club Meets at Tripler

Do Butterflies attack your stomach whenever you are asked to speak before a group? Can you confidently express your thoughts and ideas?

Whether you are speaking to one or one thousand Toastmasters can help you to speak clearly and confidently.

Toastmasters can help you to develop better speaking and presentation skills. To think quickly and clearly on your feet and to build strong leadership abilities.

**The Paradise Toastmasters Club
No. 7644**

When: 2nd and 4th Thursdays of the month
Time: 4:30 PM

Where: Managed Health Care Conference Room (formerly the Nurse's Conference Room, 1st Floor, Tripler Army Medical Center)

Call 487-8703 for additional information.

Medical Minute Kudos

Awardees:

MAJ MELANIE SLOAN
COL FRANCIS BELUE
LTC JOANNA REAGAN
SGT DAVID LANGDON

Distinguished Meritorious Service Medal
Meritorious Service Medal
Meritorious Service Medal
Meritorious Service Medal

Promotees:

LTC Megan K. Mills to COL
SSG Timothy Dees to SFC

C.A.R.E.S Awardees:

CARES stands for **Compassionate * Attentive * Responsive * Enthusiastic * Smiling ***
CPT Katrina E. Walters
SGT Susan E. Delozier-Hooks
Daniel Imamura

Office Moves On-Going at Tripler Army Medical Center

Since April of last year, several Tripler offices have moved to different areas of the main Tripler complex. Other moves will be occurring soon, as part of a master plan to improve Tripler's customer-related services. The changes are being made over many months, because when an office is moved, its former area must be renovated before another office can move in the vacated space.

Several moves are scheduled to occur this summer. Tripler's hospital patient discharge (treasury) office will be moving from its H-Wing, third-floor location to spaces next to the admissions office near the oceanside main entrance. This will be one of the last moves to cluster patient service-related offices around the oceanside entrance.

Before the patient discharge office can move, however, other offices have already moved or will be moving. The patient discharge office will be co-located with the admissions office in an area now occupied by the air-evacuation team. The air evacuation team will be moving into the space that used to be the Public Affairs Office (PAO) in Room 1A101.

PAO's new office is on the third floor of A-Wing, in part of an area formerly occupied by several Provost Marshal offices.

The Provost Marshal's ID and vehicle registration office remains at the north end of the A-Wing. However, in March, the offices of the Police Chief, the Deputy Provost Marshal, and the Provost Marshal

were relocated to the B-Wing of the 3rd floor.

Other moves planned this summer include the relocation of Tripler personnel offices to the first floor Oceanside C-Wing. The civilian personnel office, temporarily located in Building 160 since April, will be moving into a Personnel Administrative Center (PAC). The PAC will be located in the former barbershop spaces near the Tripler post office. The barbershop has recently moved into a smaller area next door near the laundry service shop.

Meanwhile, a four-million dollar capital improvement project has been underway in the Logistics Department on the second floor of the F-Wing since late last year. Several offices in that area are being shifted within the area, as renovation continues through 2007.

The area's ventilation, drainage, elevator and air-conditioning systems are being upgraded to current standards. While this area is not familiar to most Tripler staff, it is critical to the hospital's operations. It contains the hospital's laundry room as well as facilities to sterilize re-usable medical supplies used in Tripler's operating rooms and clinics.

One permanent move has occurred as a result of this facilities upgrade. The Logistics Department Facilities Management Branch has moved from the F-Wing into a wood-frame building constructed last December off the F-Wing and behind the VA clinic.

Tripler At Play

Swamp Romp at Kaneohe Bay

Tripler Team Places First

HONOLULU—The “Living Aloha” team, with members mostly from Tripler Army Medical Center, took first place in the mixed division in the 11th annual Swamp Romp at Kaneohe Bay April 23.

“The team wanted to have some fun, and most of us completed the run in a previous year. We are all runners and thought it would be a strong team,” said Capt. Trang Nguyen of Tripler Army Medical Center’s Troop Command.

Fun for these six Soldiers and some 1,200 other participants, was competing in what has been called Oahu’s dirtiest footrace. The Swamp Romp includes running, crawling, slogging, swimming, and for some, diving headlong into muck



along a nearly five-mile course that included a mud pit, a log wall, another hundred-foot strip of mud, and a quarter-mile of waist-deep muck that is part of Nuupia Ponds along Kaneohe Bay.

The six-member teams also had to finish together. For each teammate not crossing the finish line with the rest of the team, the

Muddied but unbloodied. “Living Aloha” took first place in the mixed division of the annual Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay. Team members are: (front row from left) Capt. Marc Bustamante of Pacific Regional Medical Command Contracting Office, and Capt. Nathan Swartz and 1st Lt. Jason Constantino, both of Headquarters and Company A, 225th Forward Support Battalion. Back row, from left are Capt. Trang Nguyen of Tripler Army Medical Center Troop Command, and Capt. Holly Swartz and Maj. Melanie Sloan, both of Tripler Army Medical Center Pathology Department. PHOTO: MAJ. MELANIE SLOAN

team was penalized one minute. Needless to say, the Tripler team was all for one and one for all on that mud-dragging day.

“It was fun to work together as a team and finish the race,” said Nguyen. “We never expected to win. We finished just under one hour and are very happy with that accomplishment.”

Sixteen Tripler Soldiers Cited for Marathon Volunteer Work

Tripler Army Medical Center’s Fisher House recently received \$750 from the Honolulu Marathon Association, in appreciation for volunteer work by 16 Tripler Soldiers. The Soldiers volunteered to work on the Honolulu Marathon’s medical support team during the annual event Dec. 12. Six of the Tripler volunteers drove vans to transport ailing marathoners to aid stations, while others performed triage, supply and coordination to help about 3,000

of the 25,000 entrants who sought medical assistance.

The volunteers had their own “marathon” experience, reporting to work at 12 midnight that morning, and working 15 hours straight, through 3 p.m., until the last stragglers crossed the finish line. They also attended two days of pre-Marathon volunteer training. Eight Soldiers have volunteered in previous Marathons, and for their sustained volunteer efforts, received the Army’s Military Outstanding Volunteer Service Medal from Col. Paul Wingo, Tripler Troop Commander Feb. 25.

Most of the awardees are assigned to Tripler’s Logistics Department. They are: Sgt. 1st Class Brian House, Staff Sgt. Jonathan Jester, Staff Sgt. Peter Norton, Sgt. Panthooh Doe, Sgt. Javier Fernandez-Santos, Spc. Brian Crump, and Spc. Eva McClellan. Lt. Col. Jozy Smarth of the



PHOTOS: LES OZAWA

Winning Marathon Volunteers. For the past three years, the Fisher House at Tripler has received several hundred dollars from the Honolulu Marathon Association because of Tripler volunteers who provide medical support to thousands of runners. Several were recognized at a ceremony Feb. 25 at Tripler’s Troop Command headquarters. From left are Sgt. 1st Class Roy Ridgeway, Sgt. 1st Class Brian House, Staff Sgt. Jonathan Jester, Staff Sgt. Peter Norton, Acting Fisher House Manager Ave Porter, Sgt. Panthooh Doe, Sgt. Javier Fernandez-Santos, and Spc. Brian Crump.



Tripler Army Medical Center Troop Commander Col. Paul Wingo (from left) presented the Military Outstanding Volunteer Service Medal to Sgt. 1st Class Brian House, Staff Sgt. Jonathan Jester, and Staff Sgt. Peter Norton in a ceremony Feb. 25 at Troop Command headquarters.

Department of Nursing also received the award.

Other Tripler volunteers were Logistics Department’s Spc. Timothy Dunlap, Sgt. Anthony McKinney, and Spc. Allan Remigio; Department of Nursing’s Staff Sgt. Elizabeth Gales, Staff Sgt. Justin Hallgren, Priv. 1st Class Erin Kennerly, and Sgt. 1st Class Roland West; and Medical Holding Company’s Sgt. Joseph Tucker.